

Seattle febnet

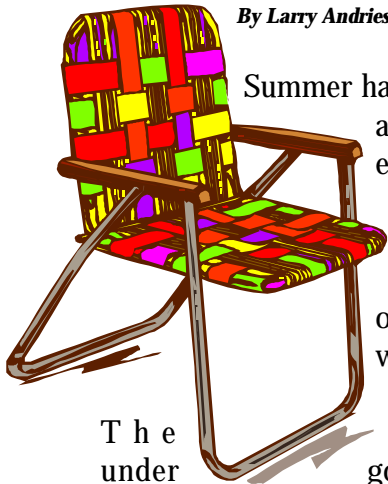
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From Your Federal Executive Board

July – August 2002

CHAIR'S CORNER

By Larry Andriesen



Summer has finally arrived in Seattle and as I write this we are experiencing a week of nice temperatures and beautiful sunny days. A time that makes us reflect on what we have and where we are heading.

The federal community has undergone much transition this year with many of our agencies facing more change. Along with the increased pressures of our positions and implementing new changes, we not only have risen to the occasion but have continued the many programs and projects we are so well known for. I was truly proud of the Federal community during the month of May to recognize so many individuals for their outstanding accomplishments during Public Service Recognition Week.

We are an integral part of a winning team and accomplish many great things in the course of the year. I look forward to working with you on future projects whether it be Executive Development Programs, Leadership Seminars or Skill Building Information Sessions. Enjoy the summer!

FEDERAL FOOTSTEPS



President's Management Agenda

In July 2001, the President's Management Council was re-created and charged with implementing the Administration's management agenda, which was released in August 2001. The agenda includes proposed legislation - a three part "Freedom to Manage" - bill that clears statutory impediments to efficient management. This legislative initiative, submitted to Congress in Oct 2001 would:

- ❖ Include an agency level review of statutes that, if repealed, would improve management in these agencies. This review would be submitted as part of the fiscal year 2003 budget process
- ❖ Create "fast track" authority allowing the President to repeal statutes that could be reversed only by Congressional action to block the repeal

❖ Create a government wide package of proposals to free managers in areas such as personnel, budgeting, and property disposal.

To track and encourage progress, the Office of Management and Budget (OMB) created scorecards to rate departments and major agencies on where they stood on each of the five initiatives. It defined some broad criteria and it shared them with the President's management council at its October 2001 meeting. OMB says these scorecards would be shared semi-annually with the President.

Because virtually all agencies received a failing score in the first scoring in February 2002, OMB says it will supplement the status scorecard with a second scorecard, which will assess agencies commitment to improvement. The second scorecard will be released this summer.

The President's Management Agenda items include Human Capital; Competitive Sourcing; Financial Performance; E-Government; plus Budget and Performance Integration.

Long Term Care Open Season

The Federal Long Term Care Insurance Program open season begins July 1 and runs through December 31, offering federal employees, retirees, spouses and certain other family members the opportunity to enroll. For active employees and their spouses, the open season offers the advantage of having to undergo only "abbreviated" questioning about their health designed to determine whether they are now, or likely will be very soon, eligible to draw benefits from the program. If active employees and their spouses choose not to enroll during the open season they still may join the program later but will have to undergo more extensive underwriting; while there may be



future open seasons, none has been scheduled or even definitely promised. Retirees and all other eligible persons have to undergo full underwriting regardless of whether they enroll during an open season or outside of one.

The open season offers some different options than those available during the early enrollment opportunity. The most notable difference is that during the early enrolment period only three and five year coverage was available. During the open season, lifetime coverage also will be offered. Also available will be "non-standard" coverage, "services-only" coverage and a "facilities-only" option. In non-standard coverage, available only to active employees and their spouses who have been diagnosed with certain medical conditions or who require the use of certain medical devices or assistance with activities, benefits will be more limited than the regular insurance offered under the program. Services-only coverage, available only to active employees and their spouses who either fall into one of these categories or who currently receive long-term care type assistance, will provide access to care coordination and discounts on care for a small fee. The "facilities-only" option will cover care in assisted living facilities, nursing homes and inpatient hospice care but not care at home or in adult day care facilities as does the comprehensive coverage.

Thrift Savings Plan Reminder

The open season for Thrift Savings Plan is in effect from May 15 until July 31, 2002. During this time all FERS and CSRS employee may enroll or change the amount of their contributions to the Plan. FERS employees may contribute up to 12 percent and CSRS associates may contribute up to 7 percent of their basic pay. Your annual total cannot exceed the current Internal Revenue Code limit for 2002 of \$11,000. The first effective date of those enrolling or changing contributions is July 14, 2002.



COMBINED FEDERAL CAMPAIGN



Uncle Ham

Loaned Executive Recruitment

Planning has begun for this years fall Combined Federal Campaign. The success of the campaign depends widely on the people who work the campaign. These “Loaned Executives” provide the support necessary for agency heads, senior executives and campaign coordinators to conduct a successful workplace campaign. Individuals work a three month detail from mid-August to mid-November, and are provided valuable training in project management, time management and presentation skills. Loaned Executives are self directed and exercise good judgement, they possess a talent for organization and good communication and their enthusiasm and imagination plus creative energy are attributes we are looking for. If you fit this description and are interested in finding out how to become a Loaned Executive, please contact the CFC Manager, Bryan Beard at 425-226-7818.

White House Awards

Executive Director Anne Tiernan and CFC Program Manager Bryan Beard recently travelled to Washington, DC on behalf of the King Co CFC to be recognized at a White House awards ceremony for the Highest Average Gift in campaigns over \$2 million. The award can be seen in the trophy case located in the Jackson Federal Building Cafeteria located on the 2nd floor. A much deserved thanks go to all of you who gave generously to last years campaign.

SEATTLE FEB HAPPENINGS



Long Term Care Briefing

Long Term Care Partners in conjunction with the Office of Personnel Management will hold two briefings in the Jackson Federal Building on Monday, August 12 for you to learn all about Long Term Care. Find out whether or not you are already covered, learn about the options for paying for long term care, find out what it is and is not and have all your questions answered. Sessions will be held in the North Auditorium at 9:00 and 2:00.

Women’s Equality Day

“Follow Your Dreams”, the story of Bessie Coleman, the first female African American aviator will be presented and choreographed by Sandra Wayne Campbell. Ms Campbell is an accomplished motivational speaker and certified Toastmaster International speaker. She was inspired to perform this program after standing in for Bessie Coleman posthumous induction into the Women in Aviation International “Hall of Fame.” Sandra has been traveling the country with this performance since 1996. When not in costume, Sandra is a Management and Program Analyst with the Federal Aviation Administration in Kansas City, Missouri.

Women’s Equality Day Seminar and Luncheon will be held in the Olympic Room at the Edgewater Hotel, Pier 67, on the waterfront in downtown Seattle. The date is Wednesday, August 21, 2002 and the time is 11:30 until 1:00.

Federal Job Fair

The Recruitment Committee of the SFEB recently held the first federal career job fair in five years at the Renton WorkSource Office. We had 23 agencies participating and nothing could have prepared us for the response. After much planning and organizing with advertising in local newspapers, the day arrived with an estimated 2,300 people filing through the doors to talk to Human Resource Specialists about careers in federal government, how to apply for federal jobs and what type of vacancies were being offered. A huge thank you to all those agencies participating for making this project a success.



Richard Ped from the IRS discusses possible job opportunities with attendees.

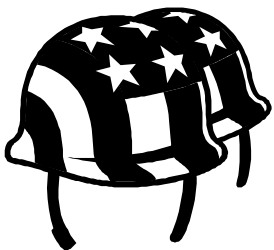


Job seekers lined up outside the door.

Thank you from the 70th Regional Support Command

The 70th Regional Support Command of the Army Reserve continues to provide trained and ready soldiers in response to the terrorist attack on America and in order to guard against the threat of future attacks. We continue to mobilize soldiers in units and remain in a heightened state of alert. The Seattle Federal Executive Board's

Public Service awards to the 70th Regional Support Command's Personnel/Family Readiness



and Logistics teams, as well as the Maintenance and Supply Excellence awards from the Department of the Army, demonstrate our soldiers' direct contribution to the war on terrorism.

The success the 70th Regional Support Command and the Army Reserve currently enjoy is a cooperative effort and would not be realized without your support. Success is a cooperative effort that includes the Army, the soldier, the family members, and the employer. Employer support cannot be overstated. The deployment of a citizen soldier creates emotional and operational impacts in his/her civilian workplace. We

understand this and we acknowledge and appreciate the support received from all federal agencies whose soldiers are in our ranks. We also share your pride in the dedication and commitment these great American's display everyday. We are happy to tell you there are no soldiers finer in the world today. Be assured they are in good hands and we're looking forward to their safe return, the same as you are

Are You Too Busy to Exercise?

Exercise is something that we should always be able to make time for. We need exercise the most when other demands are piling up on us. Exercise has a way of improving our ability to handle stress.

A good workout helps us to feel more relaxed and in control. When you think you are too stressed to exercise, the truth may be that you are too stressed not to exercise!

Unfortunately when you are feeling stressed and things begin to pile up self-care is the first thing to go, just when we need it the most. To help combat the high stress times:

EXERCISE: Regular exercise helps you look and feel better. Gives you the extra energy you need to eat more without gaining weight.

SLEEP – Sleep deprivation increases your stress level. Regular sleep habits are critical to a high-energy lifestyle.

LIMIT CAFFEINE INTAKE – Caffeine's action mimics the stress response. That's all you need; more stress.

LIMIT ALCOHOL CONSUMPTION

DIET AND EATING HABITS – Regular healthful meals and snacks keep your blood sugar and mood on an even keel. Skipping meals can lead to hunger, fatigue and bingeing. Sugary foods will give you a temporary blood sugar rush, then the crash will leave you even more tired and hungry than before. Healthy, wholesome foods give you

the energy you need for an active lifestyle.

For more exercise & health tips see Allison Miles, Fitness Director @ JFB Fitness Center
3rd Floor #340 (206) 220-6134 or e-mail Allison at: a90@psc.gov

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Have a safe July 4th and while you are at that picnic, watching those fireworks, going to a ball game, or just enjoying having family and friends around you please take a moment to give thanks for the freedoms we have in this great Country and for those who have sacrificed to make it that way. We truly are blessed!

Let Freedom Ring!